

Behavioral Consulting Services

Emergency COVID-19 Mental Health Project For Long-Term
Care Facilities

Who we are

- Behavioral Consulting Services (BCS) has over 25 years of experience providing PASRR Screens, psychiatric evaluations, psychological testing and clinical assessments to nursing facilities across the state.

Emergency COVID-19 Project

- (BCS) has been awarded a grant from DHS to provide treatment and recovery support to Assisted Living and Nursing Facility Staff.
- DHS' grant funding source is – Substance Abuse and Mental Health Services Administration (SAMHSA) – Emergency COVID-19 funding (CFDA 93.665)
- The focus has been on the well-being of the residents, but we can't overlook the negative effects the crisis has had on the staff.
- The COVID pandemic has increased the severity of work related stress among healthcare workers which amplifies their psychological suffering. Mental distress is abundant among those caring for COVID patients. This has been especially challenging for people with mental health and substance use concerns.

Some of the obstacles healthcare workers have had to face include:

- **Risk of infection**
- **Sense of helplessness**
- **Moral decision making**
- **Lack of social support**

- **How can we mitigate the negative psychological impact?**

By proactively identifying those who are suffering. It's important to identify individuals who are at high risk for enduring psychological distress, monitor them, and provide relevant support.

- BCS will be utilizing evidence-based cognitive behavioral therapy (CBT) to provide treatment and recovery support to those who are experiencing mental or behavioral health issues due to the pandemic.

How are services provided?

- Services will be provided by licensed professional counselors (LPC) and licensed clinical substance abuse counselors (CSAC)
- Sessions will be conducted via Telehealth
 - Allows individuals to maintain social distancing and work around their schedules
- Each individual will receive up to 3 free sessions of therapy
 - If additional services are needed the therapist will refer the individual to a provider in their community

Length and Availability

- The counseling services are available immediately
- We will be providing the services while funding is available or until August 30, 2021
- Open to ALL assisted living and nursing facility staff
 - Includes not only direct care staff but also administrative staff, HR, billing personnel, food service, and maintenance workers, etc.
- Services are HIPAA Compliant

Length and Availability cont.

- Open to individuals who are not covered by public or commercial health insurance programs, individuals for whom coverage has been determined to be unaffordable, or for services that are not sufficiently covered by an individual's health insurance plan
- No cost to employers or employees

Contact Information

- Please help us get the word out. We are sending flyers to assisted living and nursing facility administrators to post in places where staff frequent
- For more information or to request services, please visit our website: **<https://www.behavioralcs.com/covid-19-therapy.html>**
- Phone:262-376-1223
- Email: info@behavioralcs.com



YOUR MENTAL HEALTH IS IMPORTANT!

FREE COUNSELING SERVICES OFFERED

Behavioral Consulting Services (BCS) is offering free counseling to Assisted Living and Nursing Facility staff who are experiencing mental health or substance use issues related to the COVID-19 pandemic:

Confidential

Free of charge

Provided via Telehealth to fit your schedule

For more information or to set up your services:

Phone: 262-376-1223

Email: info@behavioralcs.com

Website: www.behavioralcs.com/covid-19-therapy.html